

Fairfax County School Health Promotion

February Tips of the Week for Middle School

Less Sugar = A Healthier You!



Start each tip with this dialogue: “Welcome to you Healthy Tip of the Week!”

Week 1:

If your body doesn't get the right kind of fuel then it doesn't work very well, just like a car. Our body need healthy foods and beverages to keep us going. Did you know that adding extra sugars into our diet prevents our body from performing at its best? Give your body the energy it needs by eating a balanced diet that does not include added sugars.

Tune in next week for another Healthy Tip of the Week!

Week 2:

How much sugar is too much? Four grams of sugar is the equivalent to 1 teaspoon of sugar. So, if drink one 12-ounce can of regular soda with 39 grams of sugar that would be the same as eating almost 10 teaspoons of sugar. Would you eat 10 teaspoons of sugar? Probably not! If you drink one regular soda, you are eating more sugar than you should for the entire day! Instead, choose healthier drinks like water or milk to keep your body healthy and hydrated!

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Week 3:

Did you know that milk contains lactose, a natural sugar? Natural sugars found in milk products **can** be a part of a healthy diet. Sugars that occur naturally in foods, like milk and fruit, contain nutrients your body needs for growth and development. Avoid foods and drinks with added sugars, such as soda and Gatorade. Make the healthy choice today!

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Week 4:

Did you know that there are over 56 different names for sugar? Sugar is hidden in most of our foods and does not provide us any nutritional value. There are no vitamins, minerals or proteins in sugar. When choosing foods, try to make healthy choices that don't involve added sugars. Instead, choose fruits, vegetables and whole grains.

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